



# Sunshine & Blue Skies at Kingston Day Care ... Summer 2015!

## Creative and passionate...please meet our educators...

### St. Martha CCC:

Carol Mc  
Shauna R  
Amber G  
Rodrigo B  
Kristin L  
Alyssa F  
Jessica K  
Asia S  
Rebecca H  
Ashley L  
Courtney R  
Emma S  
Tanya W  
Stephanie S

### Our Lady of Lourdes B&A:

Sara B  
Cara H  
  
Trillium CCC:  
  
Chelsea D  
Jayme C  
Devon C  
Janita M  
Emma G  
Jamie H

### Collins Bay CCC:

Shilpi T  
Stephanie N  
Jessica N  
Amanda I  
Sarah G  
Christina T



## Board Members, Managers & Supervisors:

### KDC Board Members:

Nicole LeClair, President  
Paul Elsley  
Kate Spoljaric  
Mark Rundle  
Rebecca Welfare  
Natasha Anderson

Alison Lines, KDC Executive Director  
Laurie Burega, KDC General Manager  
Lisa Warwick, Collins Bay CCC Supervisor  
Marcelina Lugo, St. Martha CCC Supervisor  
Sara Borges, Our Lady of Lourdes Assistant Supervisor



## Reflections ~ Executive Director

A preschool child came to my office door the other day brimming with excitement, "Alison, come here I have something to show you!" I went to her, her excitement was contagious..."What is it?" I asked "What do you have to show me?" She said, "I have to show you my paper airplane—you HAVE to see how far it can fly!" Okay...show me. She told me that the only way the plane could fly really far was if she counted first and she began.. "one, two, three...." all the way up to 20 and then proudly she threw the plane. It plopped on the floor just in front of her...she looked at me and triumphantly said, "You see, I told you! Next time I will count to 30 and it will go even further!"

I think this is a great example of how learning happens in young children. This child made an airplane of her own creation; she had practiced fly-

ing it and then determined the best way to fly it, she described what happened and then purposed a solution for better success next time.

This is how learning happens.

I was fortunate to have been included in that one small event; our educators are engaged like this with the children continually. Their interactions with the children help them to learn, to investigate and to discover. I often forget that there are 45 children just outside my office door. I forget because it is quiet; the children are engaged....so busy learning.

Alison



## Summer Dreaming at Collins Bay Child Care Centre

The countdown for Summer is finally on and we are looking forward to the nice warm weather and sunshine!

The Toddlers will be taking a lot of our programming outdoors—we will explore *filling* and *dumping* through water play, sprinkler fun and "soaked and wet" sponge games. These activities will allow us to stay cool, not to

mention have lots of good splashing fun at the same time!

In addition to these water-based activities we will also be participating in picnics and nature walks.

The children will have plenty of opportunity to use their imagination and creativity at our brand new Paint and Draw Easel during outside play! :) Jessica N



## St. Martha Child Care Centre School Agers Shine Brightly!!

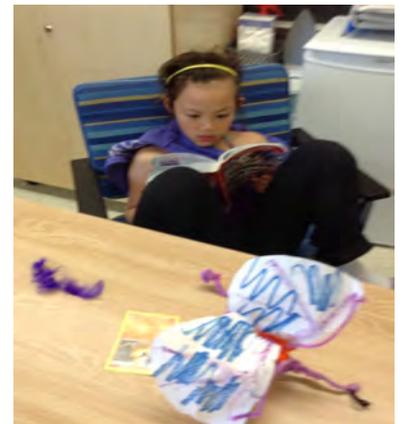
Throughout the month of March and April the School Age program had a reading challenge. The challenge came from Scholastics Canada, where the School Agers had to read "100 books" before May 2015 to make possible the donation of 100,000 books from Scholastic to children who need them from across Canada! The School Agers took on the challenge and with their dedication and commitment, they very successfully finished the challenge.

to children in need".

The children were awarded a special certificate to acknowledge their dedication, hard work and love of reading. "Great job School Agers!"

With the summer months quickly approaching we are thrilled to announce that we have the Summer Program planned with some great field trips, special visitors, cooking art projects, water play and physical activities.

Looking forward to seeing many new and familiar faces this year! Becky



"100,000 books were donated

## Trillium Child Care Centre News...

There is never a dull moment in the Infant Program as we all jump into the warmer weather and welcome new infant friends to Trillium Child Care Centre. We love all things musical and getting back in touch with our "outdoors side". The fascination of blowing bubbles and splashing in water has really peaked our interest...

The Toddlers have also been taking full advantage of the sunny days with the trikes and sandbox being favorite activities for the children this past month—building sand castles and then knocking them down has been lots of fun! The birds have also been a source of fascination as the toddlers enjoy watching how quickly birds can build their nests!

Inside, the toddlers have had a blast in their sensory bin which is often filled with bubbly water or rice.

The Preschoolers have been building sand castles, blowing bubbles and exploring all that is nature outside! Speaking of sand castles, the preschoolers really enjoy their sand play indoors too: they dig for buried treasures deep within the "sand foam" that they have now discovered in the sensory bins.

"Sand Foam" recipe:

3 cups of sand

1 cup of shaving foam...voila!!

The Trillium Team :)



## Our Lady of Lourdes Before & After School Programs

As we come to the end of our school year, we reflect on all of the fun we had, from playing outside to planting beans flowers and herbs; making amazing art creations; and working on science projects.

We would like to thank all of our families and all of the staff at Our Lady of Lourdes Catholic School for a great year!

We now look forward to our exciting Summer School Age

Program which will be held at Collins Bay Child Care Centre. We have many fun and unique trips planned, some of which include "4 Cats Art Studio", the "Pump House Museum" and "Fort Henry" just to name a few! For more information or to register, please feel free to call 613-634-6694.

We hope that everyone has a fun and safe summer and we look forward to seeing everyone back at Our Lady of Lourdes Before &

After School Program in the Fall!

Sara B.



## Helping Children Happily Transition into Child Care

*Before starting care ....*

- Visit the child care centre with your child to meet the educators and the other children to help them become more familiar with their new setting; show enthusiasm and interest in what you are both seeing.
  - For older children, talk about the child care program, the people there, and what they'll do throughout the day
- If attending child care requires a new schedule (e.g., waking up earlier, eating breakfast at a different times), begin this new routine several days before starting care, to make the transition easier for your child.

*During first days ....*

- Work with your child care professional on a plan for your departure when dropping off your child during first few days/weeks.
- Let your child know ahead of time that you will be going to work and when you will be back. (e.g. after nap time)
- To help comfort your child, bring a photo of family members.
- Call your child care centre to see how your child is doing. (this can help alleviate your own worries)
- Do your best to pick up your child at the time you said you would.

Transitions may also be stressful at pick-up time, and your child may express different emotions when you arrive (this is a normal part of getting used to child care) \* Show interest in what your child did that day—look around the room and comment on photos, artwork, etc...



For Wait List and Application:  
[www.kingstondaycare.org](http://www.kingstondaycare.org)

**KINGSTON DAY CARE**

*Play, Explore and Be...*

[info@kingstondaycare.org](mailto:info@kingstondaycare.org)

## Simple Ways to Build Important Connections

Things we can do are simple, but we need to make them more intentional. Here are some examples of ways to build connections modified from the Center on the Social and Emotional Foundations for Early Learning (Ostrosky, M. M. & Jung, E. Y., 2010):

Be at the child's level for face-to-face interactions

Use a pleasant, calm voice and simple language while making eye contact

Provide warm, responsive physical contact

Follow the child's lead and interest during play

Help children understand your expectations by providing simple but clear explanations (not by directing)

Take the time to engage children in the process of resolving problems and conflicts, rather than reiterating classroom rules

When children's behavior is challenging and disruptive, think about where and how they might have more success and redirect them there

Foster thoughtfulness and caring by listening to children and by encouraging them to listen to others and share ideas

Be genuine in acknowledging children for their accomplishments and effort by clearly saying what it is they have done well

Beyond these specific strategies, adults can speed up the process of relationship-building by:

Carefully analyzing each compliance task (e.g., "time to go to paints") and shifting that compliance task to a choice for children (e.g., "Do you want to paint or do puzzles?"); and

Carefully considering if some forms of "challenging" behavior can be ignored (e.g., loud voice)—this is not ignoring behavior designed to elicit attention but ignoring in the sense of making wise and limited choices about when to pick battles over behavior.

When there is more connection there is less need for correction & directing. :)

## Upcoming Day Care Closures:

Wednesday, July 1/15

**CANADA DAY**

Monday, August 3/15

**CIVIC HOLIDAY**

Monday, September 7/15

**LABOR DAY**

### 2015 Parent Survey Results:

Many thanks are extended to the families who completed Kingston Day Care's 2015 Parent Survey; your many positive and supportive comments were most encouraging and the ideas and suggestions to help enhance our services further are invaluable as we continue to progress. Final results of the Parent Survey may be found on our website at [www.kingstondaycare.org](http://www.kingstondaycare.org)



### Fundraising News ...

A big "thank you" goes out to all the staff and parents for all their hard work and commitment with the sales and distribution of the "Little Caesars Fundraising kits"

As always, it was a great fundraiser ... Kingston Daycare Inc. made a profit of \$720.00

The funds will be distributed between all of Kingston Daycare's sites, so that all programs can benefit from the fundraiser by receiving new toys and equipment for their classroom.

Thank you again, for your continued support of Kingston Daycare Fundraising. We look forward to new ventures in 2015; and are always open to suggestions or ideas.